

Seal Beach 45th Annual Rough Water Swim
Saturday, June 14, 2013
Info and Results at sealbeachswimclub.org
USA

Including the SCS Age Group Open Water Events & 5 K and 1 mile
USA-S/USMS Long Distance Events Sanctioned by USA-S #00-000 and USMS #000-0000
USA-S OR USMS REGISTRATION REQUIRED - NO EXCEPTIONS

USA SWIMMERS \$25 LONG DISTANCE EVENTS USMS SWIMMERS \$31

Table with 2 columns: USA Swimmers \$25 and USMS Swimmers \$31. Rows include 1. Men's 5K, 2. Women's 5K, 3. Men's 1 Mile, 4. Women's 1 Mile, and a note: Paddler is required for events 1 & 2. USMS \$6 surcharge included.

SCS AGE GROUP OPEN WATER EVENTS

Table with 4 columns: 200 yard Swim, 400 yard Swim, 800 yard Swim, 1200 yard Swim. Rows include 5. Boys 7 & 8, 6. Girls 7 & 8, 7. Boys 9 & 10, 8. Girls 9 & 10, 9. Boys 11 & 12, 10. Girls 11 & 12, 11. Boys 13 & 14, 12. Girls 13 & 14. Note: Age group races start as soon as the 3 mile race goes off.

Table with 4 columns: EVENT #, CHECK IN TIMES, START TIMES, START LOCATION. Rows include 1 & 2, 5 - 12, 3 & 4.

AWARDS: Events 1 through 12 1st – 3rd place medal. ELIGIBILITY: USA Swimming/USMS registration is MANDATORY. Include Copy of your membership card.
WETSUITS ALLOWED BUT NOT AWARDED. One day membership available for \$20 USA-S.
RULES: USA-S/USMS rules govern. Swimmers must check-in with Clerk of Course.
ENTRY FEES: Events 1 – 4 \$25.00 Events 5 – 12 \$20.00. DIRECTIONS: 405 Fwy to Seal Beach Blvd. south, right on PCH, left on Main St. to Seal Beach Pier.
MEDIA NOTICE – Entry into the event is acknowledgement and consent that media including photos, video, and other forms of obtaining images of athletes may be used.
For more information call at (562) 430-1092 or email mariafattal@sealbeachswimclub.org

Make checks payable to: Seal Beach Swim Club TEAM CODE [] [] [] []
Mail to: S.B.R.W.S. USA-S# []
P.O. Box 605 USMS Event Fee \$31 USMS# [] EVENT # []
Seal Beach, CA 90740
Name: [] (last) [] (first) Age: [] Sex: [] Email []
Address: [] State [] Zip []

Phone # ([]) [] Paddlers Name(3 mile Swim) []
USA Events:1-4 \$ 25 Events: 5-12 \$20 Late fee of \$5.00 if Postmarked after June 6, 2014 or event day.
PREORDER: The Seal Beach RWS shirt \$15. SIZE YL S M L XL XXL Event T-shirt add \$15
T-shirt also available race day for \$20 in limited sizes. Total Enclosed \$ []
NO REFUNDS.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE UNITED STATES SWIMMING, OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES SWIMMING, INC., SOUTHERN CALIFORNIA SWIMMING, INC., THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, ALL CITIES, COUNTIES, DISTRICTS AND/OR STATES IN WHICH SAID EVENT MAY BE STAGED OR IN WHICH SEGMENTS MAY BE RUN, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS AND/OR USS as appropriate. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.
Signature of Participant (Parent or Guardian if under 18 years of age) Date